

WHAT IS CLAIMED IS:

1. A gaming element for playing a physical fitness game where players bound from one element to another, the element for use in a game set having multiple elements, the element comprising:
 - a disc constructed of an elastomer to absorb shock, the disc having a top surface, a bottom surface, and a side surface;
 - the top and bottom surfaces positioned generally parallel to one another, the side surface positioned generally perpendicular to the top and bottom surfaces; and
 - the disc having a diameter to height ratio in the range of 9 to 19.
2. The element of claim 1, wherein the diameter to height ratio is in the range of 11 to 16.
3. The element of claim 1, wherein the two annular edges, defined by the intersection of the side surface with the top and bottom surface, are radiused.
4. The element of claim 1, wherein both the top surface and the bottom surface have a gripping layer connected thereto.
5. The element of claim 4, wherein each gripping layer is discontinuous.
6. The element of claim 4, wherein each gripping layer includes a plurality of projections extending outwardly from the disc.
7. The element of claim 6, wherein the projections are cylindrical.
8. The element of claim 6, wherein each projection has a diameter between 3% and 5% of the diameter of the disc.
9. The element of claim 6, wherein each gripping surface is integrally formed with the disc.

10. The element of claim 1, wherein the elastomer has a durometer of between 35 and 55.

11. A gaming element for playing a physical fitness game where players bound from one element to another, the element for use with a game set having multiple elements, the element comprising:

a disc constructed of an elastomer to absorb shock, the disc having a top surface, a bottom surface, and a side surface;

the top and bottom surfaces positioned generally parallel to one another, the side surface positioned generally perpendicular to the top and bottom surfaces; and

the top and bottom surfaces each defining a gripping surface having a plurality of projections projecting outwardly from the top and bottom surfaces.

12. The element of claim 11, wherein the projections have a diameter of about $\frac{1}{4}$ inch.

13. The element of claim 11, wherein the projections project outwardly about $1/16"$.

14. The elements of claim 11, wherein the projections are equidistantly spaced about the top and bottom surfaces.

15. The element of claim 11, wherein the gripping surfaces further include indicia projecting outwardly from the top and bottom surfaces.

16. The element of claim 15, wherein the indicia are larger than the projections.

17. The element of claim 15, wherein the indicia on the bottom surface, relative the indicia on the top surface, is flipped about a horizontal axis extending through the

disc.

18. The element of claim 15, wherein the respective indicia of the top and bottom surfaces is identically viewed when either surface is facing upwards.

19. The element of claim 11, wherein the disc has a diameter in the range of about 6 to 7 inches, and a height in the range of about 3/8 to 3/4 inches.

20. A method of playing a game having a set of gaming elements, the method comprising the steps of:

positioning the set of gaming elements on the ground in a series;

traversing the series of gaming elements by bounding from a current element to an adjacent element; and

scoring a point for each move from the current element to an adjacent element when the following conditions are met:

a) a participant may contact only one element at any given time;

b) a participant may have only one foot in contact with the one element; and

c) a participant may not touch the ground with any part of the body,

including the foot in contact with the one element.

21. The method of claim 20, further comprising the following condition: d) a participant may not touch any other objects for support except for gaming elements.

22. The method of claim 20, wherein the series of gaming elements are positioned in a circuitous course.

23. The method of claim 22, wherein there are an odd number of gaming elements.

24. The method of claim 22, further comprising the steps of traversing the series in the reverse direction upon completion of the traversing step.

25. The method of claim 20, further comprising the following condition: d) a participant must touch the toe of his/her free foot to the heel of the other foot positioned on the one element.

26. The method of claim 20, further comprising the step of picking up at least one object positioned adjacent the series of gaming elements.

27. The method of claim 20, further comprising the following condition: d) a participant must touch the sole of his/her free foot with his/her hand before bounding to the adjacent element.

28. The method of claim 20, further comprising the following condition: d) a participant may not bound to the same element more than once.

29. The method of claim 20, further comprising the following condition: d) a participant may only traverse the series of discs for a predetermined amount of time.

30. The method of claim 20, further comprising the following condition: d) a participant must switch feet on the current element before proceeding to an adjacent element.

31. The method of claim 20, wherein each disc has a height to diameter ratio that challenges the accuracy of the participant while definitively indicating successful hops and minimizing risk of harm to the participant.

32. The method of claim 20, wherein the disc is reversible such that either side of the disc may face upwards.